#### SMOLYANSKY LUDMILA

Form 4

March 12, 2010

# FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

**OMB** Number:

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** 

Form 5 obligations may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person \* SMOLYANSKY LUDMILA

2. Issuer Name and Ticker or Trading

Symbol

LIFEWAY FOODS INC [LWAY]

5. Relationship of Reporting Person(s) to Issuer

(Last)

(First)

(Street)

(Middle)

3. Date of Earliest Transaction

(Month/Day/Year)

03/10/2010

\_X\_\_ 10% Owner \_X\_\_ Director

(Check all applicable)

Officer (give title below)

\_ Other (specify

C/O LIFEWAY FOODS, INC., 6431 W. OAKTON STREET

4. If Amendment, Date Original

Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check

Applicable Line)

\_X\_ Form filed by One Reporting Person Form filed by More than One Reporting

MORTON GROVE, IL 60053

(City)	(State)	(Zip) Tab	le I - Non-	Derivativ	e Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securionor Dispo (Instr. 3,	sed of		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common			Code V	Amount	(D)	Price	(IIIStr. 3 and 4)		
stock, no par value	03/10/2010		S	700	D	\$ 11.93	7,519,654	D	
Common stock, no par value	03/10/2010		S	1,000	D	\$ 11.9355	7,518,654	D	
Common stock, no par value	03/10/2010		S	410	D	\$ 11.94	7,518,244	D	
Common stock, no	03/10/2010		S	300	D	\$ 11.96	7,517,944	D	

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par value							
Common stock, no par value	03/10/2010	S	103	D	\$ 11.97	7,517,841	D
Common stock, no par value	03/10/2010	S	15	D	\$ 11.99	7,517,826	D
Common stock, no par value	03/12/2010	S	800	D	\$ 11.99	7,517,026	D
Common stock, no par value	03/12/2010	S	1,200	D	\$ 11.98	7,515,826	D
Common stock, no par value	03/12/2010	S	100	D	\$ 11.9801	7,515,726	D
Common stock, no par value	03/12/2010	S	23	D	\$ 11.9701	7,515,703	D
Common stock, no par value	03/12/2010	S	100	D	\$ 11.9401	7,515,603	D
Common stock, no par value	03/12/2010	S	200	D	\$ 11.9001	7,515,403	D
Common stock, no par value	03/12/2010	S	49	D	\$ 11.9	7,515,354	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474

(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exercisable and	7. Title and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orNumber	Expiration Date	Amount of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/Year)	Underlying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	e	Securities	(Instr. 5)	Bene
	Derivative				Securities	3	(Instr. 3 and 4)		Own
	Security				Acquired				Follo
					(A) or				Repo
					Disposed				Trans
					of (D)				(Instr

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(Instr. 3, 4, and 5)

Date Expiration Date Expiration Title Code V (A) (D)

Exercisable Date

Expiration Title Of Shares

### **Reporting Owners**

tor 10% Owne	r Officer	
	of Officer	Other
X		

## **Signatures**

By: /s/ Ludmila
Smolyansky

\*\*Signature of Reporting
Date

## **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Reporting Owners 3